



Healthy Relationships With Children

Why is it important?

- Healthy relationships are key to child health and wellbeing now and in the future
- Children will feel safe and secure when their parents and carers provide consistent and sensitive care
- Children who feel safe and secure will:
 - Be confident to play and socialise
 - Manage big emotions
 - Build stronger relationships

What to do?

- Build communication skills by talking, yarning, singing, reading and playing together
 - Talk about the things that interest them *“That’s a friendly dinosaur, do you know its name?”*
- Help your child to understand their feelings
 - When a child shows a particular emotion, label it for them and talk about it *“I can see you are feeling sad, let’s have a talk about it”*
- Watch and respond to what children say, do and see
- Provide comfort -cuddle and hold them so they feel cared for and secure

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